

Gokyu Promotion Requirements and Study Guide

The following general knowledge, vocabulary and demonstrations are required for Junior Ranks 03 and 04, and Adult rank Gokyu.

General Knowledge:

Who was the creator of Judo?	Dr Jigaro Kano	
What was the name of the school he founded?	The Kodokan	
What year was Judo created?	1882	
What was unarmed combat in Japan called before Judo?	Jiu Jitsu	
How long have unarmed combat martial arts been practiced in Japan?	600-1000 years	
What is the name of your Judo organization.	<ul style="list-style-type: none"> ● Sooner Judo Club ● Sooner Judo and Jiu Jitsu Club ● Oklahoma Judo ● ATJA 	
Name the 3 parts of a throw in English and Japanese	<ul style="list-style-type: none"> ● Kuzushi - Off Balance ● Tsukuri - Entry ● Kake - Execution 	
Name the 3 parts of unarmed combat in English and Japanese	<ul style="list-style-type: none"> ● Nage Waza - Throwing Techniques ● Gatame Waza - Holding Techniques ● Atemi Waza - Striking Techniques 	
Name the 2 divisions of throwing techniques in English and Japanese	<ul style="list-style-type: none"> ● Tachi Waza - Standing Techniques ● Sutemi Waza - Sacrifice Techniques 	JR03 Stop Here
Name the 3 divisions of standing techniques in English and Japanese	<ul style="list-style-type: none"> ● Te Waza - Hand Techniques ● Goshi Waza - Hip Techniques ● Ashi Waza - Foot Techniques 	
Name the 2 divisions of sacrifice techniques in English and Japanese	<ul style="list-style-type: none"> ● Ma Sutemi Waza - Direct Sacrifice Techniques ● Yoko Sutemi Waza - Side Sacrifice Techniques 	

Vocabulary:

Knee	Hiza		Hip or Waist	Goshi or Koshi
Hand	Te		Foot	Ashi
Big or Major	O		Little or Minor	Ko
Lock or Hold	Gatame or Katame		Falling methods or ways	Ukemi
Wheel	Guruma		Begin!	Hajime!
Hold-Down!	Osae Komi!		Stop!	Matte!
Hold Broken!	Toketa		Don't Move!	Sonomama!
Knee Wheel Throw	Hiza Guruma		Continue	Yoshi!
Major Hip Throw	O Goshi		Scarf Hold	Kesa Gatame
Shoulder	Seoi or Kata		Side	Yoko
Throw	Nage		Reap	Gari
Corners	Shiho		Inside	Ko
Outside	Soto		Fundamental or Basic	Hon
Natural	Shizen		Defensive	Jigo
Time is up!	Suramade		I Surrender!	Maitte!
Fundamental Natural Posture	Shizen Hon Tai		Fundamental Defensive Posture	Jigo Hon Tai
Shoulder Throw	Seoi Nage		Major outside reaping throw	O Soto Gari
Side hold	Yoko Shiho Gatame		Sixth Class Judo Rank	Rokyu
Sweep	Harai or Barai		Forms of off balancing	Happo no Kuzushi
Forms of gripping one's opponent	Kumi Kata		Note!	Shido

Caution! (moderate penalty, not used)	Chui		Warning! (severe penalty, not used)	Keikoku
Loss by rule violation	Hansoku Make		One point	Ippon
Almost one point!	Waza Ari		Almost one half point (not used)	Yuko
Slight Superiority (not used)	Koka		Normal Walking	Ayumi Ashi
Sliding Foot Walking	Tsugi Ashi		Sitting on Knees	Seiza
Sitting cross legged	Anza		Advanced Foot Sweep	De Ashi Barai
Major inside reaping throw	O uchi gari	JR03 stop here	Upper Corners hold	Kami Shiho Gatami
To Float	Uki		Lower Prop	Sasae
Lift	Tsuri		Pull	Komi
Defense	Bogyo		Escape	Fusegi
Modified (as in hold downs)	Kuzure		Right	Migi
Left	Hidari		Back Falls	Koho Ukemi
Forward Falls	Zenpo or Mae Ukemi		Decision!	Hantei
Win by decision	Yusei Gachi		Entry methods into matwork	Hairi Kata
Floating Hip Throw	Uki Goshi		Lifting Pulling Foot Stop	Sasae Tsuri Komi Ashi
Modified Scarf hold	Kuzure Kesa Gatame		Fifth class Judo rank	Gokyu

Demonstrations:

Ukemi	
<ul style="list-style-type: none"> • Koho Ukemi - Back Falls • Yoko Ukemi - Side Falls • Mae or Zenko Ukemi - Front Falls • Zenko Kaiten Ukemi - Front Rolling Falls 	<p>Make sure you are not posting your arms and do not hit your head on mat. Tuck your chin on all falls except front falls; look up or to the side on front falls.</p>

General Demonstrations	
<ul style="list-style-type: none"> • How and when to bow • How to Tie your belt • Seiza - sitting on knees • Anza - sitting cross legged • High Lapel Grip 	<p>Seiza and Anza: hands resting respectfully on knees, fingers closed together.</p>
<ul style="list-style-type: none"> • Tsugi Ashi - Follow foot movement • Ayumi Ashi - Normal foot movement 	<p>JR03 Stop Here</p>
<ul style="list-style-type: none"> • Tai Sabaki - body turning • Sleeve Grip • Inner Sleeve Counter Grip to the High Lapel Grip 	

Techniques		
O Goshi		
O Soto Gari		
Kesa Gatame		
Escape from Kesa Gatame		
Hiza Guruma		
Seoi Nage		

Counter for O Goshi		
Hadaka Jime	If 13 or older	
De Ashi Harai		
O Uchi Gari		
Combination including O Goshi		
Yoko Shiho Gatame		
Escape from Yoko Shiho Gatame		JR03 stop here
Ude Garami	If 18 or older	
Break down uke's turtle into matwork #1		
Nami Juji Jime	If 13 or older	
Kata Juji Jime	If 13 or older	
Gyaku Juji Jime	If 13 or older	
Kami Shiho Gatame		
Sasae Tsuru Komi Ashi		
Uki Goshi		
Combination including Seoi Nage		
Counter to O Soto Gari		